

Benefits of Regular Physical Activity

- Gives you more energy
- Helps you sleep better
- Improves your heart and lungs
- Decreases blood pressure
- Reduces body fat and weight gain
- May decrease “bad” (LDL) cholesterol and raise “good” (HDL) cholesterol
- Controls/prevents diabetes
- Strengthens bones and helps prevent injury
- Increases muscular strength and endurance
- Increases flexibility and range of motion
- Improves your mood
- Helps with stress and depression
- Improves self-esteem
- Makes you feel better

